## Are you fit to fight?

## Countdown to wing fitness test:

21 days

by Senior Airman Martha Whipple 49th Fighter Wing Public Affairs

Holloman's Health and Wellness Center and the 49th Ser-Feb. 27.

Team Holloman can expect a chance later on this year. busy day because there will be a mass fitness test.

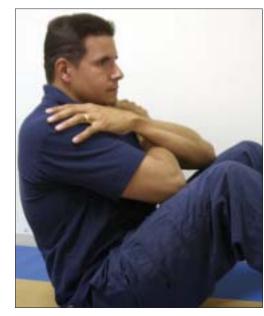
"The mass testing will benefit the base by increasing awareness of the importance of a fit force," said Capt. Angela Barney, HAWC Health Promotions manager. "It also stresses the value Air Force leadership is placing on the new clude proper aerobic conditionfitness standards."

The mass test will be this ing, and healthy eating.

year's official test for individuals who score more than 75. For those who score less than 75, the HAWC will encourage them to attend the Healthy Living Workshop. If members are unable to pass the vices Squadron are teaming up pratice fitness test later this month, they will be given another

The goal of the Air Force Fitness Program, according to the Air Combat Command Fitness Program Implementation Guide for Commanders, is to motivate all members to participate in yearround physical conditioning that emphasizes total fitness, to ining, strength and flexibility train-



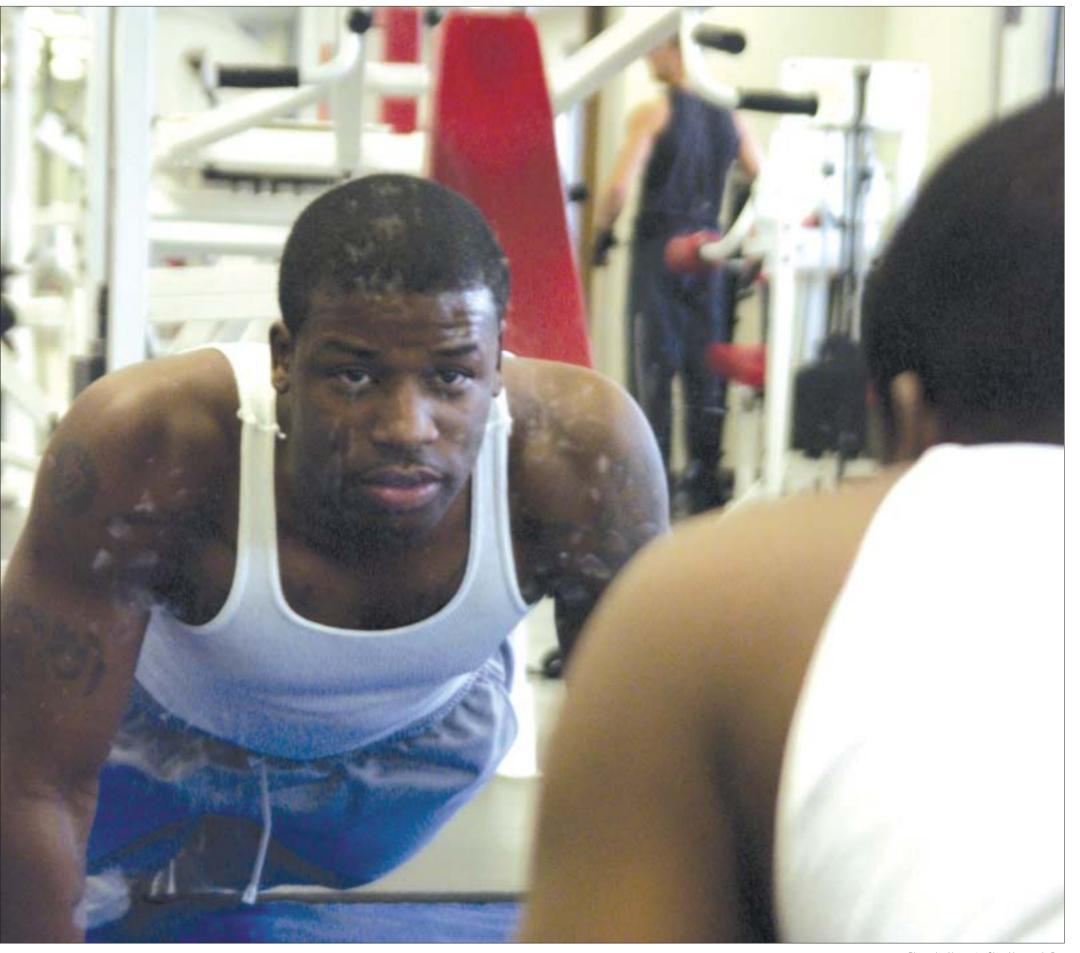


Mr. Ross Miller performs sit-ups at the **Health and Wellness Center to prepare** for the basewide testing.

Above: Tech. Sqt. **Clarence Mitchell** tapes Master Sgt. Thomas Cole. The tape is placed in a horizontal plane around the abdomen at the level of this landmark. The examiner ensures the plane of the tape is parallel to the floor and that the tape is snug, but doesn't compress the skin. Measurement is



taken at the end of Airman 1st Class Francisco Corrales and Staff Sgt. Tesa Miller prepare for the a normal respira- 1.5-mile run required for the Air Force fitness standards.



Airman 1st Class Korey Hicks, 8th Fighter Squadron, performs push-ups at the Fitness and Sports Center. According to the new fitness standards a complete push-up is, from the starting position (elbows extended), the member will lower the body to the ground until the upper arm is at least parallel to the floor (elbow bent at least 90 degrees) before pushing back up to the starting position (the chest may touch the floor). If the member does not come down far enough, the pushup does not count. The member completes one full push-up after returning to the starting position. It is important to monitor the member's form and make sure the body does not bow at the waist as the member tires. The body must remain rigid during the assessment (the back must remain straight unless resting).